

Recipe Prep Sheet

DC Public Schools

990203 - Macaroni and Cheese

Recipe HACCP Process: #2 Same Day Service
 Source: Local
 Number of Portions: 24
 Portion Size: 1 cup

Ingredient #	Ingredient Name	Measurements	Instructions
990572	Pasta, Elbow, WG, 2/10lb, Barilla	12 cup	Day before serving: Cook pasta in salted water, drain, and chill. CCP: Cover, date, label, and refrigerate at 40°F or lower until ready for service. Save leftovers for up to three (3) days.
014429	WATER, MUNICIPAL	1 gal + 64 1/8 FL OZ	
001175	MILK, FLUID, 1%	1 QT + 3 CUP	
001145	BUTTER, WITHOUT SALT	6 oz	Preheat Oven to 350 degrees F <ol style="list-style-type: none"> 1. Melt butter in large stock pot. 2. Combine corn starch and seasonings in a bowl. Add to the melted butter. Cook for 2 minutes over medium heat, creating the roux - do not brown. 3. Slowly add the milk to the mixture, stirring continuously. Cook until smooth and thickened. 4. Turn the heat OFF and stir in the Parmesan and cheddar cheese. Stir until cheese melts, do not overheat or the sauce will become grainy. 5. Combine pasta and sauce. Mix well and transfer into a 2" full hotel pan. 6. Cover with foil and bake for 25-30 minutes. 7. Remove foil, evenly sprinkle the mozzarella cheese on top and continue to bake for 5-10 minutes or until cheese is melted. Each hotel pan will make 24 servings (1 cup). CCP: Heat to 140° F or higher. CCP: Hold for hot service at 140° F or higher.
902930	PEPPER BLACK, GROUND	1/2 TSP	
990532	Cheese, Yellow, Cheddar 4/5lb bags	8 cup	
990577	Salt, Iodized, 18/2.25lb, GFS	1 tbsp	
002028	PAPRIKA	1/2 TBSP	
900771	GARLIC, GRANULATED	1/2 TBSP	
990535	Parmesan Cheese, Grated, 4/5lb, Primo Gusto	2 oz	
990530	Cheese, Mozzarella, Shredded, 4/5#, Land O Lakes	3 cup	
990579	Corn Starch, 24/1lb, Argo	1/2 CUP	

NA - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Recipe Prep Sheet

*Nutrients are based upon 1 Portion Size (1 cup)

Calories ¹	477.449 kcal	Total Fat	23.873 g	Total Dietary Fiber	6.142 g	Vitamin C	*0.033* mg	45.002% Calories from Total Fat
Saturated Fat ¹	13.026 g	Trans Fat ²	*0.000* g	Protein	23.197 g	Iron	*3.862* mg	24.555% Calories from Sat Fat
Sodium ¹	991.857 mg	Cholesterol	60.139 mg	Vitamin A	*281.364* IU	Water	*304.704* g	*0.000%* Calories from Trans Fat
Sugars	*5.745* g	Carbohydrate	47.437 g	Calcium	*399.531* mg	Ash	*N/A* g	39.742% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.452			19.434% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup
				Vegetable	cup
				Milk	cup

Allergens							
Milk	Wheat						

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.